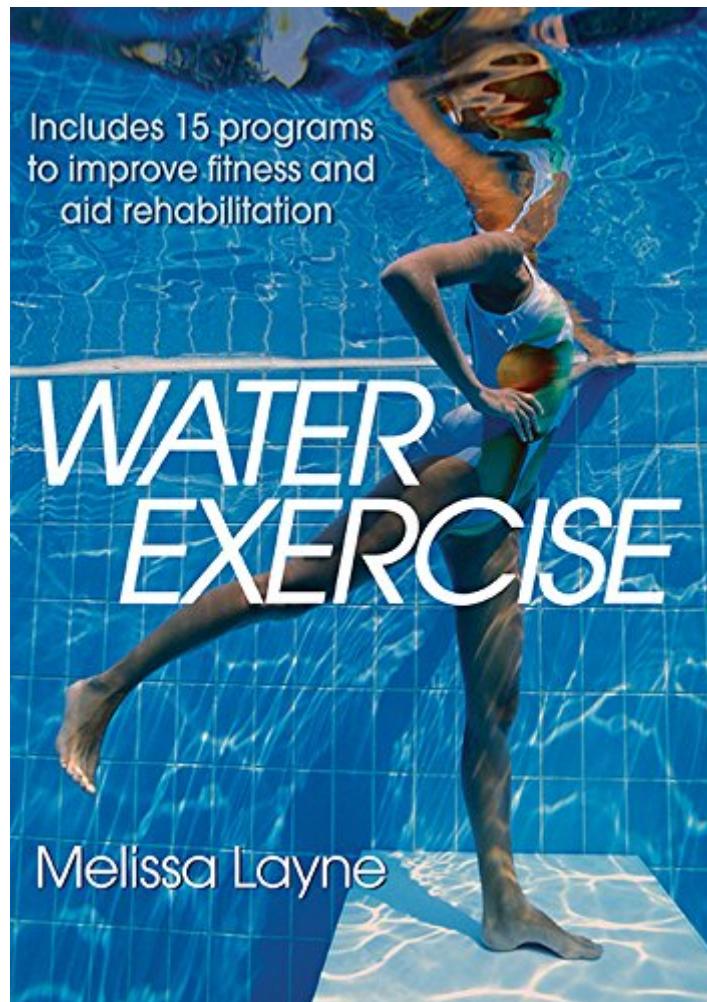


The book was found

Water Exercise



Synopsis

Water Exercise delivers 15 programs for fitness, rehabilitation, and management of chronic conditions. There are exercises for warm-up and flexibility and exercises for those who want beginner, intermediate, or advanced workouts. Water Exercise also covers common injuries and conditions with exercises for the ankle, knee, hip, spine, shoulder, and elbow.

Book Information

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Assessment

Customer Reviews

It's good enough to start out with

Chock full of great information and exercise ideas. I teach water aerobics and was very pleased with the content of this book. Thanks for a great job author Melissa Layne.

Well organized with good pictures to follow and do exercises correctly.

Great reference book.

Very educational.

Very informative

Exercises are not explained very well. I would not recommend this book.

Nothing compares to effective water exercises. Melissa Layne gives you 15 programs you can follow and adopt to improve your fitness and rehab yourself from the many injuries and disabilities people have. These exercises are especially good for older people who may find other types of exercises uncomfortable. The thing about water exercises is there is NO impact! And that's a good thing when you have a bum knee or bad back or some injury that makes exercise either painful or even dangerous. You get underwater photos showing you how to do the exercises and a program developed just for your own unique needs. You are told how many sets and reps to do for the most effective results. If you want to try water exercises or if you're looking to change up what you're already doing, give this a go. I think you'll enjoy it and get a lot from it.

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